



Urinary System

Focus Factor Worksheet

Part 1: System Overview

1. The main job of the urinary system is to _____ and _____ from the body.
2. The organs that make up the urinary system are:
 1. a. _____
 2. b. _____
 3. c. _____
 4. d. _____
3. The urinary system works closely with which other systems?
 - A. Digestive and Nervous
 - B. Cardiovascular and Endocrine
 - C. Lymphatic and Respiratory
 - D. Skeletal and Muscular
4. What is homeostasis?
 - A. The body's process of keeping internal balance
 - B. The process of urination
 - C. A type of hormone
 - D. Another name for digestion
5. The kidneys filter about _____ gallons of blood every day.



Section 2: The Organs of the Urinary System

6. Each kidney contains over _____ tiny filters called _____.

7. The ureters are responsible for:

- A. Filtering blood
- B. Carrying urine from the kidneys to the bladder
- C. Absorbing nutrients
- D. Releasing hormones

Section 3: Holistic Health & Habits

8. How much water should you drink each day?

- A. One cup per hour
- B. Half your body weight in ounces
- C. 8 cups no matter your size
- D. Two liters every morning

9. List two foods that support kidney and bladder health:

- 1.
- 2.

10. Name two herbal allies that support the urinary system and what they do:

- Herb: _____ Benefit: _____
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11. Which of the following habits can harm your urinary system? (Select all that apply)

- A. Dehydration
- B. Too much caffeine or soda
- C. Holding in urine for long periods
- D. Drinking herbal teas and water

Section 4: Chinese Medicine Perspective

12. In Traditional Chinese Medicine (TCM), the kidneys and bladder belong to the _____ Element.

13. The emotion associated with the Water Element is _____, which transforms into _____ when balanced.

14. Which of these is a sign of strong Kidney energy in TCM?

- A. Fearfulness and low motivation
- B. Calm courage and strong bones
- C. Frequent illness and fatigue
- D. Feeling overheated and restless

15. The Bladder's main energetic role is to help the body _____ – both physically and emotionally.